



# DAVIS COUNTY HEALTH DEPARTMENT

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## News Release

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## Asthma Town Hall Meeting Scheduled In Davis County

*Approximately 1 in 12 people in Utah have asthma.*

(Clearfield, Utah) – Davis County Health Department along with members of the Utah Asthma Task Force will host a town hall meeting on Wednesday, Nov. 2, at 6 p.m., in the North Davis Senior Activity Center, 42 South State Street, Clearfield. This town hall meeting will give residents a chance to speak out on how asthma affects daily life, share issues and concerns, and discuss what asthma-related resources or services are needed in the community.

Asthma is a disease that affects your lungs. It is one of the most common long-term diseases of children, but adults have asthma, too. Asthma causes repeated episodes of wheezing, breathlessness, chest tightness, and nighttime or early morning coughing. If you have asthma, you have it all the time, but you will have asthma attacks only when something bothers your lungs.

In most cases, the cause of asthma is unknown and there is no cure for it. If a member of your family has asthma, you also are more likely to have it as well. Since 2001, asthma prevalence has been increasing in Utah, similar to increasing trends nationwide. According to the Utah Department of Health's Behavioral Risk Factor Surveillance System, almost half (49.6%) of adults in Davis County who have ever been diagnosed with asthma were diagnosed by age 17.

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Frequency and severity of asthma symptoms and quality of life are indicators of one's management of asthma. The amount of time that people spend indoors can play a significant role in triggering asthma attacks. Having carpet or rugs in the bedroom and pets in the home are identified as the two most prevalent indoor environmental exposures for adults and children. Tobacco smoke and air quality also are also factors that can affect asthma.

For more information about the meeting, please call Bonnie Athas at 801-525-5099.

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